

# Turn off screens + get active

Screens can be great for learning, play and communication. Too much screen time can be unhealthy. Try to sit less and move more.

## HOW MUCH SCREEN TIME EACH DAY?

**0-2**  
years



**NO** screen  
time

Choose active toys and  
play instead of screens

**2-5**  
years



**Less than**  
1 hour per  
day

Less screen time can help  
kids' sleep and growth

**5-12**  
years



**Less than**  
2 hours  
per day

Not including homework  
time

## What is a screen?



TV/DVD/BLURAY



Computer



Game  
Console



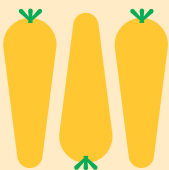
Tablet/  
Portable Games



Phone

Source: Australia's Physical Activity and Sedentary Behaviour Guidelines and Australian 24-Hour Movement Guidelines for the Early Years (Birth to 5 Years)

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developed by  
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**HEALTHY EATING**  
**ACTIVE LIVING**